



KNOWING THE GOD OF MOUNTAINS AND VALLEYS!

In his book entitled, *The Big Fight*, professional boxer Sugar Ray Leonard opened up about his journey with depression. He shared the shocking truth that the man who ruled as a king in the kingdom of the boxing ring was a broken, a depressed little boy when the crowds were gone and he had to face himself.

- "When I came back, I felt safer in the ring. I could defeat those demons that possessed me outside the ring. It was such a release when I trained for a fight because all of a sudden I'm totally clean, whether it was from cocaine, or alcohol, or depression. It gave me a sense of calm." -**Sugar Ray Leonard**
- "As one representing the 26 percent, for me it (depression) came in waves. From the low hum during the longest of winters to volatile moments rocking on the floor of my closet, questioning whether my life would always bear this weight. Watching it firsthand in my family during my formative years, I wondered whether history was repeating itself in me" -**Freefall To Fly: Rebekah Lyons**
 - **STRENGTH ON ONE BATTLEFIELD DOES NOT ALWAYS TRANSLATE TO STRENGTH ON ANOTHER!**
 - **WE LIVE JUST ONE VICTORY AWAY FROM BEING A VICTIM!**

THE TEXT:

At the usual time for offering the evening sacrifice, Elijah the Prophet walked up to the altar and prayed, "O LORD, God of Abraham, Isaac, and Jacob, prove today that you are God in Israel and that I am your servant. Prove that I have done all this at your command. ³⁷ O LORD, answer me! Answer me so these people will know that you, O LORD, are God and that you have brought them back to yourself." ³⁸ Immediately the fire of



the LORD flashed down from heaven and burned up the young bull, the wood, the stones, and the dust. It even licked up all the water in the trench! ³⁹ And when all the people saw it, they fell face down on the ground and cried out, "The LORD—he is God! Yes, the LORD is God!" ⁴⁰ Then Elijah commanded, "Seize all the prophets of Baal. Don't let a single one escape!" So the people seized them all, and Elijah took them down to the Kishon Valley and killed them there (1 KINGS 18:36-40-NLT).

When Ahab got home, he told Jezebel everything Elijah had done, including the way he had killed all the prophets of Baal. ² So, Jezebel sent this message to Elijah: "May the gods strike me and even kill me if by this time tomorrow I have not killed you just as you killed them." ³ Elijah was **afraid** and **fled** for his life. He went to Beersheba, a town in Judah, and he left his servant there. ⁴ Then he went on alone into the wilderness, traveling all day. He sat down under a solitary broom tree and prayed that he might die. "I have had enough, LORD," he said. "Take my life, for I am no better than my ancestors who have already died" (1 KINGS 19:1-4-NLT).

ELIJAH'S DEPRESSION:

- HE WAS PHYSICALLY TIRED!
- HE WAS EMOTIONALLY EXHAUSTED!
- HE FELT THREATENED!

1. Fear
2. Resentment
3. Guilt.
4. Anger
5. Loneliness
6. Worry
7. Depression



ELIJAH'S FOUR MISTAKES:

- 1. HE CONFUSED HIS FEELINGS WITH THE FACTS!** Then he went on alone into the wilderness, traveling all day. He sat down under a solitary broom tree and prayed that he might die. "I have had enough, Lord," (verse **4a**)
- 2. HE COMPARED HIMSELF TO OTHERS!** "... Take my life, for I am no better than my ancestors who have already died (verse **4b**).
- 3. HE BLAMED HIMSELF FOR THINGS THAT WERE NOT HIS FAULT!** "I have zealously served the Lord God Almighty. But the people of Israel have broken their covenant with you, torn down your altars... (verse **10a**).
- 4. HE EXAGGERATED THE NEGATIVE!** "... And killed every one of your prophets. I am the only one left, and now they are trying to kill me, too." (verse **10b**)

FOUR THINGS THAT ELIJAH DID THAT YOU CAN DO ALSO:

- 1. HE TOOK CARE OF HIS PHYSICAL NEEDS.** (verses **5-8**) Then he lay down and slept under the broom tree. But as he was sleeping, an angel touched him and told him, "Get up and eat!" ⁶He looked around and there beside his head was some bread baked on hot stones and a jar of water! So, he ate and drank and lay down again. ⁷Then the angel of the Lord came again and touched him and said, "Get up and eat some more, or the journey ahead will be too much for you." ⁸So he got up and ate and drank, and the food gave him enough strength to travel forty days and forty nights to Mount Sinai, the mountain of God.
- 2. GIVE YOUR FRUSTRATIONS TO GOD. HE HAD TOO MUCH BOTTLED-UP INSIDE!** (verse **9**) There he came to a cave, where he spent the night. But the LORD said to him, "What are you doing here, Elijah?"
- 3. GET A FRESH AWARENESS OF GOD!** (verses **11-12**). "Go out and stand before me on the mountain," the LORD told him. And as Elijah stood there, the LORD passed by, and a mighty windstorm hit the mountain. It was such a terrible blast that the



rocks were torn loose, but the Lord was not in the wind. After the wind there was an earthquake, but the LORD was not in the earthquake. ¹²And after the earthquake there was a fire, but the LORD was not in the fire. And after the fire there was the sound of a gentle whisper.

4. ALLOW GOD TO GIVE YOU NEW DIRECTION FOR YOUR LIFE! (verses 15-18). Then the Lord told him, "Go back the same way you came, and travel to the wilderness of Damascus. When you arrive there, anoint Hazael to be king of Aram. ¹⁶Then anoint Jehu grandson of Nimshi to be king of Israel, and anoint Elisha son of Shaphat from the town of Abel-meholah to replace you as my prophet. ¹⁷Anyone who escapes from Hazael will be killed by Jehu, and those who escape Jehu will be killed by Elisha! ¹⁸Yet I will preserve 7,000 others in Israel who have never bowed down to Baal or kissed him!"

"And after the earthquake there was a fire, but the LORD was not in the fire. And after the fire there was the sound of a gentle whisper" **(1KINGS 19:12, NLT).**